

Kortschak Center for Learning and Creativity

PRESENTS

# SKILL-BUILDING FOR SUCCESS

Join us for our skill-building workshop series from  
**10 - 11am PDT on Tuesdays - Fridays**  
until the end of the semester!

Each week KCLC Academic Coaches will be presenting virtually  
via Zoom on the weekly topics listed below.

## WEEK 1

(APRIL 7TH - APRIL 10TH)

### *Online Learning* STRATEGIES

Learn how to establish a functional workspace, add structure to your day and enhance motivation during this time of transition to distance learning.

## WEEK 2

(APRIL 14TH - APRIL 17TH)

### *Time Management* TECHNIQUES

Discuss methods of improving your scheduling, prioritization, assignment completion, concentration, productivity and goal setting.

## WEEK 3

(APRIL 21ST - APRIL 24TH)

### *Stress Management* TIPS

Understand how you experience stress and explore various ways to cope. Application of stress reduction techniques will be practiced!

## WEEK 4

(APRIL 28TH - MAY 1ST)

### *Test-Taking* TACTICS

Improve your exam preparation skills by exploring different methods of learning, studying and actually taking the test, which can be implemented before, during or after the exam.

Zoom link: : <https://usc-hipaa.zoom.us/j/4444089325>